

# Arthritis Prevalence and Resources in Utah

by Local Health District



## Introduction

In an effort to enhance the Utah Arthritis Program's ability to target interventions to those populations with the greatest need for services, the following maps and overlays were developed.

- Percentage of the population ages 45 and over
- Prevalence of arthritis by local health district
- Senior Center locations
- Arthritis Foundation Aquatics and Exercise Program locations

## Population Ages 45 and Older

In 2006, there were approximately 712,289 adults in Utah who were 45 and older who were at risk of developing arthritis. Slightly more than half of these individuals were females (51.5% or 355,509). Almost three fourths of these individuals (73.1% or 520,691) reside in the four Wasatch Front counties of Davis, Salt Lake, Utah and Weber. The base map presents the population 45 and older by local health district.

## Prevalence of Arthritis by Local Health District

Because age affects the likelihood of having arthritis, it is beneficial to adjust for the effect of age when comparing populations. This method helps determine if a certain population has a factor which contributes to arthritis prevalence independent of the effect of age. After adjusting for age, the prevalence of arthritis in Utah (25.7%) was not statistically different than the rate in the U.S. (26.1%). However, the age-adjusted prevalence rate of arthritis in the Central Utah Health District (30.8%) was significantly higher than the age-adjusted rate in the U.S. and Utah. The Health District with the lowest prevalence of arthritis was Summit County (22.4%). Overlay number **one** displays arthritis prevalence by local health district.

## What is Available?

Two evidence based exercise programs are available in Utah to assist those with arthritis.

Overlay **two** illustrates the locations of aquatics programs. The Arthritis Foundation Aquatics Program uses gentle movement exercises in a heated pool to increase joint flexibility and range of motion to relieve stiffness, decrease arthritis pain, and restore or maintain muscle strength.

- Central Utah Health District - Two Programs
- Davis County Health District- Two Programs
- Salt Lake Valley Health District - Seven Programs
- Southwest Health District - Four Programs
- Summit County Health District - One Program
- Utah County Health District - Three Programs

Overlay **three** presents the locations of the exercise programs. Arthritis Foundation Exercise Program uses low impact exercises developed by physical therapists to relieve stiffness, decrease arthritis pain, and restore or maintain muscle strength. These exercises can be done comfortably while sitting or standing.

- Bear River Health District - Two Programs
- Salt Lake Valley Health District - Six Programs
- Southwest Health District - Three Programs

Overlay **four** presents senior center locations by local health district. Senior Centers are multipurpose centers that offer comprehensive services for individuals over the age of 60. The centers provide:

- a social environment
- health and social services
- adult education programs
- daily or weekly lunches
- recreation and cultural activities

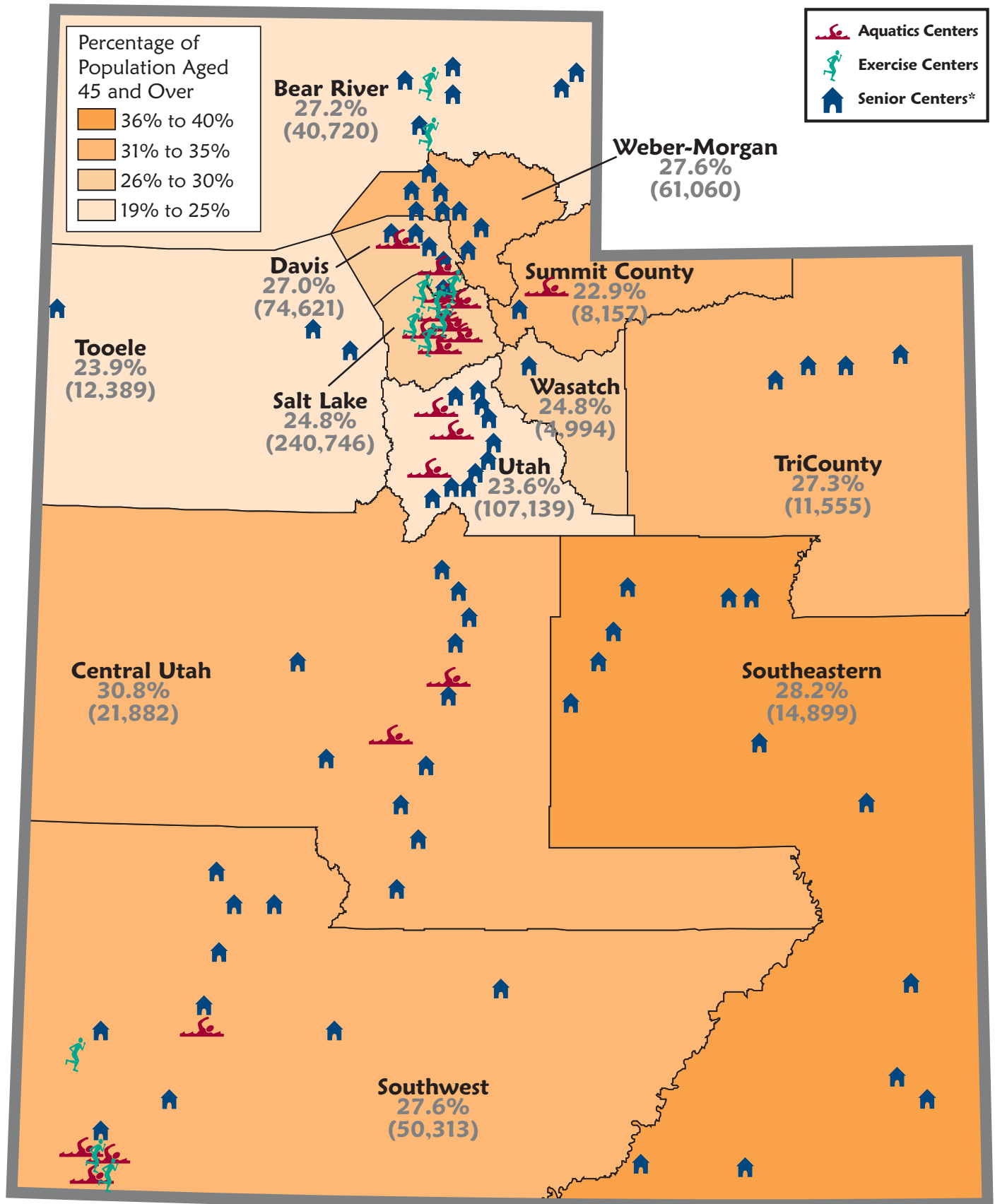
They are also an ideal location for the Arthritis Foundation Exercise Program.



# Resources on Back



# Arthritis Prevalence and Population Ages 45 and Older by Local Health District



\*Contact Salt Lake County Aging Services at (801) 468-2454 for the location of Senior Centers in Salt Lake County.

# Resources

Utah Department of Health  
Utah Arthritis Program  
PO Box 142107  
Salt Lake City, Utah 84114-2107  
[www.health.utah.gov/arthritis](http://www.health.utah.gov/arthritis)

(801) 538-9458

Arthritis Foundation - Utah/Idaho Chapter  
448 East 400 South, Suite 103  
Salt Lake City, Utah 84111  
[www.arthritis.org](http://www.arthritis.org)

(800) 444-4993  
(801) 536-0990



## Aquatics Centers

Central Utah Health District  
East Millard Pool (435) 743-6269  
Gunnison City Pool (435) 528-7126

Davis County Health District  
Clearfield Municipal Pool (801) 525-2640  
Lakeview Physical Therapy (801) 295-5416

Salt Lake Valley Health District  
Cottonwood Heights Rec. Ctr. (801) 943-3190  
Hartvigsen Pool (801) 646-4587  
Holladay-Lion's Fitness Center (801) 424-0621  
Mountainland Rehabilitation (801) 561-9839  
Steiner Aquatic Center (801) 583-9713  
The Orthopedic Specialty Hospital (801) 314-4046  
University Orthopedic Center (801) 587-7005

Southwest Health District  
Sand Hollow Aquatics Center (435) 634-5938  
Sterling Court (435) 674-1269  
Sun River Community Center (435) 656-4455  
SUU Aquatic Center (435) 586-5431

Summit County Health District  
Park City Aquatic Center (435) 645-5617

Utah County Health District  
American Fork Fitness Center (801) 763-3084  
Central Utah Clinic (801) 812-5400  
Orem Fitness Center (801) 229-7154



## Exercise Centers

Bear River Health District  
Bear River Valley Senior Center (435) 257-2639  
Brigham City Senior Center (435) 723-3303

Salt Lake Valley Health District  
Friendly Neighborhood Center (801) 468-2781  
Kearns Senior Center (801) 965-9183  
Salt Lake City Sports Complex (801) 583-9713  
Taylorsville Senior Center (801) 293-8340  
Tenth East Senior Center (801) 538-2084  
West Jordan Senior Center (801) 561-7320  
Westside Sunday Anderson Sr. Ctr. (801) 538-2092

Southwest Health District  
Enterprise Senior Center (435) 878-2557  
St. George Senior Center (435) 634-5743  
Sun River Community Center (435) 656-4455



## Senior Centers

Bear River Area Agency on Aging  
(Five Senior Centers) (435) 752-7242  
[www.brag.utah.gov](http://www.brag.utah.gov)

Bear River Valley Senior Center (435) 257-2639

Brigham City Senior Center (E) (435) 723-3303

Davis County Council on Aging  
(Five Senior Centers) (801) 451-3370  
[www.co.davis.ut.us/agingservices](http://www.co.davis.ut.us/agingservices)

Five-County Area Agency on Aging  
(Ten Senior Centers)  
St George (435) 673-3548  
Cedar City (435) 586-2975  
[www.fcaog.state.ut.us/aging1.htm](http://www.fcaog.state.ut.us/aging1.htm)

Mountainland Aging and Family Services  
(Ten Senior Centers) (801) 229-3800  
[www.mountainland.org](http://www.mountainland.org)

Salt Lake County Aging Services  
(22 Senior Centers) (801) 468-2454  
[www.slcoagingservices.org](http://www.slcoagingservices.org)

San Juan County Area Agency on Aging  
(Five Senior Centers) (435) 587-3225  
[www.sanjuancounty.org/aging.htm](http://www.sanjuancounty.org/aging.htm)

Six-County Area Agency on Aging  
(Eleven Senior Centers) (435) 896-9222  
[www.sixcounty.com](http://www.sixcounty.com)

Southeastern Utah Area Agency on Aging  
(Eight Senior Centers) (435) 637-4268  
[www.seualg.dst.ut.us](http://www.seualg.dst.ut.us)

Tooele Co. Div. of Aging and Adult Services  
(Three Senior Centers) (435) 882-2870  
[www.co.tooele.ut.us/senior.htm](http://www.co.tooele.ut.us/senior.htm)

Uintah Basin Area Agency on Aging  
(Three Senior Centers) (435) 722-4518  
E-Mail: [dianaj@ubaog.org](mailto:dianaj@ubaog.org)

Uintah County Area Agency on Aging  
(One Senior Center) (435) 789-2169  
[www.co.uintah.ut.us](http://www.co.uintah.ut.us)

Weber Human Services  
(Eight Senior Centers) (801) 625-3770  
[www.weberhs.org](http://www.weberhs.org)